HIGHMARK’S HEALTH PROMOTION DEPARTMENT IS PLEASED TO PRESENT THE 2012 FIRST QUARTER SCHEDULE FOR WELLNESS AND HEALTH PROMOTION PROGRAMS OFFERED AT A LOCAL PREVENTIVE HEALTH ALLIANCE SITE. ALL PROGRAMS ARE FREE TO HIGHMARK MEMBERS. TO SIGN UP, MEMBERS SHOULD CONTACT THE LOCAL SITE COORDINATOR.

Lehigh Valley Health Network
1243 S. Cedar Crest Blvd., Suite 300
Allentown, PA 18103
Call the main #: 610-402-CARE (2273)

PREVENTIVE HEALTH ALLIANCE PROGRAMS

Personal Nutrition Coaching℠ is a one-on-one counseling service with a Registered Dietitian designed to help you make healthy lifestyle and nutrition choices for better health or to address specific concerns, such as weight management, heart health and diabetes. Record your food intake and physical activity with your own Lifestyle Log and discover the power of better nutrition. Available for adults and children. Call anytime for your individual appointment.

Drop 10 in 10® is an exciting weight management program designed to help participants lose 10 pounds or 10 percent of their weight through a program of balanced nutrition, sensible activity and meaningful lifestyle changes. Participants receive an information-packed Drop 10 in 10 Participant Kit, which includes a Drop 10 in 10 Guide Book, Daily Food and Fitness Journal, tape measure and resistance band, all in a convenient Drop 10 in 10 cinch bag. (A program materials fee applies.)

Mondays: February 27 - April 30; 5:30-6:30 PM; 1243 South Cedar Crest Blvd, Suite 2200 - LCM Room 2; Susan O'Donnell, instructor

Thursdays: March 1 - May 3; 5:30-6:30 PM; 1243 South Cedar Crest Blvd, Suite 2200 - LCM Room 2; Susan O'Donnell, instructor

Discover Relaxation Within℠ is a lifestyle improvement program that helps you manage everyday stress through practical relaxation and humor therapy; you’ll acquire effective tools to deal with stress.

Tuesdays: January 17 - February 7 ; 8:00AM-9:30 AM; 1243 South Cedar Crest Blvd, Suite 2200 - LCM Room 4, Dianna Musher, instructor
Discover Relaxation Within℠ II is a lifestyle improvement program that takes stress management to the next level. Explore additional ways to integrate relaxation, time management, self-insight and creative skills into your life through this action-oriented program that will help you live more and stress less. Participation in Discover Relaxation Within℠ I is recommended prior to this program.

Tuesdays: February 14 - March 6; 8:00AM-9:30 AM; 1243 South Cedar Crest Blvd, Suite 2200 - LCM Room 4, Dianna Musher, instructor

Eat Well for Life℠ I is a lifestyle improvement program that champions optimal health, vitality and long-term weight management through the power of good nutrition. You’ll discover easy meal planning tools, smart shopping strategies and healthy ways to cook great tasting foods. Eat Well for Life℠ I gives you a new taste of better eating and wellness to last a lifetime.

Mondays: February 27 - March 19; 10:30 AM - 12 noon; 1243 South Cedar Crest Blvd, Suite 2200 - LCM Room 2; Susan O’Donnell, instructor

Eat Well for Life℠ II gets you the inside scoop on balanced meal planning, dining out, listening to your body and making the connection between mood and food. You’ll discover new ways to maximize your energy with high quality nutrition and more tools you can use for lifelong health and wellness. Participation in Eat Well for Life℠ I is recommended prior to this program.

Mondays: March 26 - April 16; 10:30 AM - 12 noon; 1243 South Cedar Crest Blvd, Suite 2200 - LCM Room 2; Susan O’Donnell, instructor